The SPIRITUAL STRATEGIC PLAN

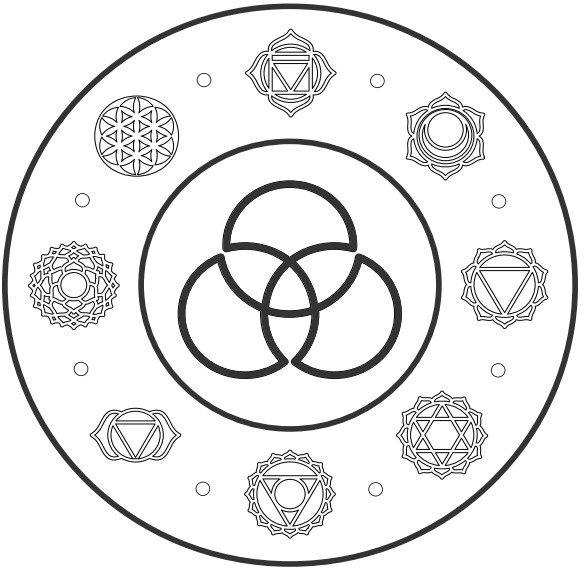
Enhancing The Human Experience

spiritualstrategicplan.com

How do we create lasting shifts that energize us and make each of us a beacon for future generations? As we know, the world is at a tipping point and people are suffering at an all-time high. The health of our individual selves and of the planet is at stake, and this can feel overwhelming.

Real change comes from within-an Involution. Revolutions often end up violent and evolution can take generations. What is needed now is an **involution**—changing from within which will, in turn, change the world.

The Spiritual Strategic Plan is a personalized framework that allows you to set and achieve your own plan for personal growth. Designed to enhance the human experience, its eight pillars offer practices and techniques that will lead you to thrive in any area of life where your light has dimmed while ensuring you remain steadfast in your universal gifts.



The Pillars

Holistic Health

Cultivating holistic health means integrating optimal choices regarding physical nourishment, mental health, and your connection with nature and with spirit, all of which will enhance your daily experience and to manifest your true self in the world.

Rising in Love

Rising in Love is a heart-centered exchange of energy that supports all your relationships. You will find more love, understanding, compassion, and empathy. When your relationships pulse at a high vibration, they lift you up and everyone else around you.

Shadow Work

Shadow work is paying attention to all sides of yourself the light and the dark in order to live and grow fully as a human being. Working with the shadow sides of ourselves allows us to discover hidden gifts, as well as experience self-compassion and compassion for others. Shadow work is a vehicle for transformation so that we may contribute our whole selves to the world, not just the parts we want everyone to see. Identifying and embracing the shadow sides of ourselves allows us to live as fully-expressed human beings.

True Self

Your true self is the part of you that connects your individual consciousness with universal consciousness. When you connect with your true self, you begin to sense a higher purpose to all things which allows empathy, compassion, spiritual strength, and love to flow. You become aware of your limitless self that guides you towards fulfilling your life's purpose.

Creativity

Creativity is the ability to find your unique self-expression by tapping into the Universal Light. Supported by this source, you experience a flow of imaginative energy that enhances everything you do and shines/reverberates out into the world.

Cultivating Brilliance

Cultivating brilliance means always learning and then allowing your wisdom to shine out into the world. The process begins with approaching the world with deep curiosity and then learning from everything that comes your way. Learning about yourself and the world brings meaning and excitement to life. Being a life-long learner enhances your resilience in the midst of all circumstances and opens new pathways to create a life of purpose.

Radiant Self

Your Radiant Self is the part of you that could be always illuminated regardless of the circumstances in your life. This is the part of you that shines your gifts into the world. You don't have to do anything to create your Radiant Self, but sometimes you need to clean the dust off your vision in order to see it clearly. Your Radiant Self is your sense of innate joy, contentment, and equanimity. When your Radiant Self is free-flowing, you do what you love and you inspire others to do the same.

Surrender Yourself

Human "being" is you being your authentic self without having to "do" anything. When we are being, we see ourselves as enough in all of our glory as well as in our imperfections. Self-acceptance is the seed for future accomplishments. When you surrender to stillness and detach yourself from the chaos of life, you make yourself available to the gifts of the present moment. You connect with a place of stillness that is also full of potential.

The Tools

Self Assessment Questions

Used as a jumping-off point for deeper inquiry later, these short but profound questions are designed to illuminate your thoughts about yourself in each of the eight pillars. Formatted for "yes" or "no" responses, this assessment is a quick way to bring to light your relationship with yourself and your experiences in life. We encourage you to answer the questions in the spirit of curiosity and without self-judgment.

Someone Else Assess You Questions

Sometimes, we can't see ourselves clearly in the mirror, and we need the loving, observant eyes of those who care about us to help us take a sincere look at ourselves and how we show up in the world. In the spirit of growing compassionate self-knowledge, ask a friend, family member, or loved one to honestly fill out this assessment about you. As you go through the process of building your Spiritual Strategic Plan, you may want to revisit this assessment with your loved one and share your new insights. We've all heard of the phrase, "It takes a village…" This assessment asks us to be vulnerable enough to share our process with others so we may become the best version of ourselves.

Traction Organizer

This tool allows you to keep track of your successes while drawing your attention to those things that get in the way of achieving your goals. Recording the actionable steps you are taking in each pillar builds confidence and motivation. You will clearly see the progress you are making! When you also document the obstacles in your way, you will be able to address them head-on with the support of our community. We are here to help!

Journal

The journal is a dedicated place for you to dig more deeply into your self-assessment questions and use self-reflection to fuel the creation of your Spiritual Strategic Plan. Our daily diary questions offer food-for-thought inquiries as you combine doing the everyday life practices with learning about the eight pillars.

Book

We offer you this program having experienced first-hand how these practices and pillars have deeply impacted our individual lives. This book weaves together our personal stories with gems of practice to give you a comprehensive picture of how we began our own Spiritual Strategic Plans and how you can begin yours. You will discover how we brought light and love into our neighborhood in West Baltimore where many were experiencing hardships, and from these beginnings, we committed ourselves to serving all of humanity using the tools we were fortunate to acquire from our mentors. We hope this book will inspire you to rise above your own circumstances and obstacles to create a life of meaning and fulfillment.

The Workshop

Spiritual Strategic Plan

Uncover your full potential in balance and safe environment, this weekend retreat include in person overview of **Spiritual Strategic Plan**:

Join Us

In Person Retreat
Personalized Plan with Teachers

Spiritual Strategic Plan Network
Free Access 24/7 to Online Support Community

The Courses
30 Days Spiritual Challenge and more at the SSP Network

For More Infomation visit: **spiritualstrategicplan.com**

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What activity did you do today to help ground you and make you present?

NOTES: Holistic Health

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What did you recently read or listen to in order in order enhance your mental well being?

NOTES: Holistic Health

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

Did you do something today for your mind, body and soul? If so, what?

NOTES: Holistic Health

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What did you do to connect to nature today?

NOTES: Holistic Health

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What activity did you do to break a sweat today?

NOTES: Holistic Health

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What did you do to make your soul smile today?

NOTES: Holistic Health

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

In your daily life, what do you do that is unhealthy, and what can you do to eliminate that from your life?

NOTES: Holistic Health

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

A movie or tv show title to describe your relationship with the people around you?

NOTES:

Rising in Love

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

If you could have a friendship with anyone in history who would it be and why?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

The relationship in your life with something other than a human that fills you up?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

The most fun memory you have connecting to Mother Earth?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

Who is a friend from your childhood that puts a smile on your face to this day, and why?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

A severed relationship you wish you could rebuild (doesn't have to be a person)

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What person in your life best embodies rising in love to you and why?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What memories bring you shame?

NOTES: Shadow Work

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

Which traits would you least wish to be described as having?

NOTES: Shadow Work

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What is your definition of failure?

NOTES: Shadow Work

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What do you feel is your shadow?

NOTES: Shadow Work

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What are positive attributes of your shadow?

NOTES: Shadow Work

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What things are triggers for you?

NOTES: Shadow Work

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What makes you feel empty? How do you tend to fill that void?

NOTES: Shadow Work

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What is your greatest attribute in helping others identify with their true self?

NOTES: True Self

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What character in a movie or tv show is closer to your true self than you are right now and why?

NOTES: True Self

WEEK & DATE

S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What song best describes you expressing your true self?

NOTES:

True Self

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What is an attribute of the people with you now that is a part of their highest self?

NOTES: True Self

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What is your biggest strength of your ego and the biggest strength of your spirit?

NOTES: True Self

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

If your limited self was a character in a movie or tv show who would it be?

NOTES: True Self

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

If your true self had one superpower to express itself, what would it be?

NOTES: True Self

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What inspires you?

NOTES: Creativity

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What is your favorite accomplishment?

NOTES: Creativity

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

When have you been inspired by someone else's creativity? What were they doing? How did it make you feel?

NOTES: Creativity

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

Who do you define as a visionary?

NOTES: Creativity

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

Do you critique your own work? Explain

NOTES: Creativity

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

How did you get into what you do creatively?

NOTES: Creativity

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

If your creative work were edible, what would it taste like?

NOTES: Creativity

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

Who are the great thinkers in your life? List them.

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What are you currently working on that could benefit from some think time?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What have been the most defining moments that have helped shape my life?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What gives me great joy?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What is the worst that could happen if i let go of things that no longer serve me?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What is my gift to the world?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What is my instinct telling me to do?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

A time when you let someone steal your joy, and what could you have done differently to protect it?

NOTES: Radiant Self

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

A person that lights you up and what can you do more of to cultivate that relationship?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What are the things you are tolerating in your life that you can easily remove?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What is taking the most energy in your thoughts right now?

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

A time in your life when you felt furthest from your radiant self, what was going on internally and externally, and where was the joy that you weren't connecting to?

NOTES: Radiant Self

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

When you shine brightest what conditions are going on in your life, and what are those conditions when you feel the most dull?

NOTES: Radiant Self

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

Look at your current life and ask yourself, "Where can I see that I have set myself up for stress or failure?" What can I do about it.

NOTES:

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

Name one thing you are grateful for today?

NOTES: Surrender Yourself

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

Where do you feel tension at in your body, and what can you do to release it?

NOTES: Surrender Yourself

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What activity have you done today to get you grounded and present?

NOTES: Surrender Yourself

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What have you done for someone else today where you were not looking for a reward?

NOTES: Surrender Yourself

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

Did you have a negative interaction with anyone today, and were you able to look past their physical, and see their inner light?

NOTES: Surrender Yourself

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

Did you do anything selfishly today, and how did it make you feel?

NOTES: Surrender Yourself

WEEK & **DATE** S M T W T F S

ASSIGNMENT:

ISSUES:

TOPICS:

What thought, past or future keeps you from being present?

NOTES: Surrender Yourself

Notes:

Notes:

Notes:

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by

The Involution Group

involution.love